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THE NAME'S BAUER — JACK BAUER

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Heartbreak at the buzzer

Use Metro AR to see the T.O. Raptors' crushing 104-103 loss PAGE 26

Five ways you fall into debt

People land in the red, often without thinking about what they're doing wrong PAGE 18

SWEET, SOGGY VICTORY

Berhanu Mekonnen of Kenya celebrates winning the 2014 BMO Vancouver Marathon on Sunday. Nearly 16,500 runners braved the rain to take part in the 43rd annual marathon and 25th annual half marathon. Story, page 4. MATT DESOUZA/METRO

Heartbleed's unsung hero

Justin Bull. Former local was the first to spot CRA's vulnerability

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Justin Bull

You know that tax-deadline extension that finishes May 5 at midnight? You've got a former West Vancouver man to thank for that.

Justin Bull, 23, now of Toronto, describes himself as a cyber-security nut and was the first to notice the Heartbleed bug affecting the Canadian Revenue Agency (CRA), beating out their own experts and potentially saving more taxpayers from harm.

Eventually it was discovered that the information of 900 taxpayers was compromised.

"I subscribe to a security mailing list, and on Monday, April 7, a bulletin was published about the massive 'Heartbleed' problem," Bull said.

"On Monday it was theoretical, but by Tuesday at 9 a.m. I got a follow-up post that read 'We are screwed.' It showed how the theoretical problem was now a practical one."

Bull, who runs several computer servers, began to check on them to see if they were vulnerable. They were.

"I started freaking out and so I checked my bank to see if it was a problem there, but it wasn't," he said. "But it got me thinking about other potentially vulnerable websites, and then it dawned on me that it's tax season, and so I checked it out."

After some testing Bull confirmed his worst fears: the CRA was exposed to Heartbleed.

"At this point every hour counts," he said. "I was making calls, emailing and I even resorted to Tweeting at them about this vulnerability."

Within a few hours the CRA had shut down its electronic services, and soon after the tax-deadline extension was announced.

A good thing, too, as Bull used the extension to get his taxes in on time for the first time in years.

"I've had friends buy me a couple beers because of the extension as well," Bull said.

While Canadians across the country have Bull to thank for the reprieve, he wishes it never had to happen.

"Some young shit, pardon my French, got in and compromised 900 accounts," he said. "What's worrisome is he found a way to potentially purge them from the system, which suggests to me he got in through an administrator account."

The response from the CRA has been less than comforting, Bull noted. Those compromised were only notified through mail, which takes much longer than a phone call and left people unknowingly exposed for longer.

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In favour of a strike

No talks with government following health-care workers' strike mandate

No bargaining sessions have been planned between government and health-care workers despite a strong strike mandate reached last week.

About 47,000 workers from 11 unions represented by the Facilities Bargaining Association — composed of emergency dispatchers, dietary staff, care aides and many more — voted 96 per cent in favour of a strike.

Roy Thorpe-Dorward, who represents the organization bargaining for government employers, says the Health Employers Association of B.C. hasn't scheduled talks with workers yet, but will try reaching out to labourers in the coming days.

The Hospital Employees Union, the biggest union in the dispute, is concerned employers' proposal to allow up to 1,500 full-time jobs to get contracted out will mean that many workers will get replaced.

However, Thorpe-Dorward says the proposal doesn't mean that current employees will get displaced, and that the number of possible contract workers is small compared to the union association's size.

The Facilities Bargaining Association says benefits, employment security and improved health and safety provisions are key issues in the dispute.

The current round of talks began in January and broke off in late March.

THE CANADIAN PRESS

Jose Figueroa with his son Jose Ivan, 15, Esmeralda, 10 and Ruby, 7, at Walnut Grove Lutheran Church on Sunday. NICK WELLS/FOR METRO

Fighting to stay in Canada

Living in a church. Despite being in the country for more than a decade, Jose Figueroa was ordered deported in 2010

NICK WELLS
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Jose Figueroa sat in a sparse back room at Walnut Grove Lutheran Church Sunday, his three children watching a TV show nearby.

"It's hard when you don't get to see your children that much," he said.

While other churchgoers are heading home, he can't leave without being arrested by officials with the Canadian Border Services Agency. Despite living in Canada for more than a decade, he was ordered deported in 2010.

When he first arrived in Canada 17 years ago, Figueroa freely admitted to being a student member of the Farabundo Marti National Liberation Front (FMLN) in El Salvador during the 1980s. He was 19 and El Salvador was in the midst of a deadly civil war marked by death squads and violence. The FMLN was formed by several left-wing guerilla groups and is now the ruling elected party of El Salvador.

He witnessed friends and fellow students whisked away by police and death squads, tortured and some assassinated.

Figueroa claimed sanctuary seven months ago while awaiting the outcome of a judicial review in to his deportation hearing. He is scheduled to have a judicial review of his case on May 26.

"The stress is enormous," he said. "This has forced my kids to grow up fast."

Figueroa's present lawyer, Peter Edelmann, has been representing him since 2010. Edelmann specializes in immigration cases and says Figueroa's situation highlights the broad nature of Section 34 of the Immigration and Refugee Protection Act. The act bars any immigrant where there is the chance "that there are reasonable grounds to believe (the individual) engages, has engaged or will engage in" terrorist acts or subversion.

However, the FMLN isn't listed by the Ministry of Public Safety's website as a terrorist entity.

"It surprises me how far they've decided to fight this case. There's two ways to look at this: Either they're wrong and he's not a terrorist or they're right and he is a terrorist and they allowed a terrorist to enter the country and remain here for 13 years when he told them on arrival that he was a terrorist," said Edelmann.

In a statement, the CBSA said they have a statutory obligation to enforce the deportation order.

While he waits in Langley, Figueroa is circulating a petition have the Ministry of Public Safety declare whether he is considered a terrorist.

But he doesn't plan on stopping his fight to stay in Canada.

"I'm pointing out the problems, they don't like people standing for their rights," he said.

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MTI COMMUNITY COLLEGE

Runners race on despite rainy weather for BMO marathon

Rain, rain, go away. Volunteers and supporters showed up by the thousands, despite terrible bout of pouring rain

EMILY JACKSON
emily.jackson@metronews.ca

Instead of going back to bed when they heard the rain and saw the dreary skies, nearly 16,500 runners tied their laces, braved the weather and headed to the starting line for the 43rd annual BMO Vancouver Marathon and 25th annual half marathon.

If it's impressive to run half and full marathons or eight-kilometre races in the sunshine, these folks deserve a round of applause for pounding the pavement in Sunday's weather.

First, it was spitting rain. Then, it was pouring.

But the record number of runners (the marathon was sold out and there were only a few dozen spots left in the half), 4,000 volunteers and thousands of supporters carrying signs persisted for an event that truly was inspiring, even without the city vistas that earned the race a top 10 spot in Forbes' list of destination marathons.

One of the clever signs said, "I thought they said RUM" and another said, "That pace makes your butt look great."

Whether it was Takashi Kimura, a man in the 60- to 69-year-old category, completing another race — he has run more than 400 marathons — or Paul Kimugul, who broke the men's half marathon course record for the second year in a row with a time of 1:02:35, there was no shortage of exciting moments.

Berhanu Mekonnen of Ethiopia won the men's marathon with a time of 2:21:08. Kimberley Doerksen of Gibsons, B.C., crossed the finished line first in the women's marathon in 2:37:00.

Kenya's Kimugul won the men's half marathon and Canadian Kate Bazeley the women's half in 1:15:18.

A very happy and exhausted man celebrates finishing the 43rd annual Vancouver Marathon on Sunday. MATT DESOUZA/METRO

May the Fourth be with you: Star Wars characters invade Vancouver church

Amongst a crowd of regular churchgoers, a handful of Jedis, Sith lords and even an Ewok gathered at St. Andrew's-Wesley United Church in Vancouver to praise the Gospel of Luke — Luke Skywalker, that is.

The church organ and choir swapped their usual repertoire for the movie themes of film soundtrack composer John Williams while Rev. Kathryn Ransdell exchanged her ceremonial garb for Princess Leia's royal getup.

No, it wasn't an Imperial invasion — it was part of the May the Fourth, or Star Wars day celebrations.

For many churchgoers, it was a way to merge a historical tale of good and evil with a Hollywood blockbuster.

Ransdell made comparisons between biblical tales and the Star Wars movies.

Brandon Young, 10, wears a Darth Vader helmet during a Star Wars themed church service with his family at St. Andrew's-Wesley Church in Vancouver on Sunday.
DARRYL DYCK/THE CANADIAN PRESS

"Strong in the Force I am," said Mike Seidman, a regular attendee who was dressed as Yoda. "Even nerds know how to worship God."

"The battle between good and evil exists everywhere — not just in a church," said Lorraine Graves, whose son's idea to celebrate May the Fourth sparked the mass's theme. "The real world is what the lessons are about, whether we're learning from stories in the Bible or stories in a movie."

And some people took the lessons quite seriously.

For Hans Haest, an usher clad in Jedi regalia, goodwill is his lightsaber.

"The idea is that we're supposed to be good warriors fighting evil in the community," said Haest. "And we don't do that by physically fighting with people, we do that by reaching out to the community in charity."

The first reference to Star Wars Day was in May 4, 1979, about two years after the first movie had been released, when Margaret Thatcher was elected prime minister of Britain.

The London Evening News printed a half-page ad reading "May The Fourth Be With You, Maggie. Congratulations," a play on the movie's popular mantra, "May the Force be with you."

Fans had celebrated the day with small informal events for years, but the party finally gained traction in May 2011 when Toronto revellers organized a costume contest and film festival among other events.

Since then, legions of the Star Wars faithful have been organizing festivities of their own around the world.

The Star Wars franchise spans six films, and since Disney bought Lucasfilm in 2012, plans have been made to shoot three more movies.

The next Star Wars feature is slated for release in December 2015 and is rumoured to bring back much-beloved characters such as Luke Skywalker, Han Solo and Princess Leia.

J.J. Abrams, the co-creator of the hit TV series Lost and who was also at the helm for the two most recent Star Trek film releases, will be directing the upcoming movie.

THE CANADIAN PRESS

Deadly shooting

Island mill workers set to return to job

Workers at a Vancouver Island mill will be back at the job on Tuesday after a deadly shooting claimed the lives of two men last week.

Brian Butler, president of the local United Steelworkers union chapter, says employees at the Western Forest Products sawmill in Nanaimo will be returning to work in what he calls a soft start. Butler says that means workers who are not ready to get back on the job will not be forced to do so.

The suspect, 47-year-old Kevin Douglas Addison, is a former employee and has been charged with two counts of first-degree murder and two counts of attempted murder.

THE CANADIAN PRESS

Investigation

IHIT: evidence says fire set on purpose

An investigation into a deadly mobile home fire that left one man dead has been taken over by the Integrated Homicide Investigation Team.

On April 30, Mission RCMP and Mission Fire/Rescue responded to a call of mobile home fire at 32300 Lougheed Highway, finding William Philip Murphy, 86, dead inside.

After a subsequent investigation conducted by RCMP and IHIT on May 2, police say evidence points to the fire being started on purpose. IHIT is asking anyone who may have information about this arson to call the IHIT Tipline at 1-877-551-4448.

NICK WELLS/FOR METRO

Police mum on details

Homicide on Granville Ave.

Police are currently investigating a homicide at the 7000 block of Granville Avenue in Richmond.

The Integrated Homicide Investigation Team (IHIT) has taken over the case from Richmond RCMP and will be providing updates as they become available.

"There has been a homicide," said IHIT spokesperson Cpl. Dominic Duchesneau. Police could not comment any further other than to confirm a homicide has happened.

SAM SMITH/FOR METRO

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Activists free jailed comrades

Ukraine. Several Pro-Russian protesters were detained after violent clashes on Friday that killed 40 people

Outrage over the deaths of pro-Russian activists in riots in Odesa triggered new violence Sunday in the Black Sea port, where a mob of protesters stormed police headquarters and freed dozens of their jailed allies.

The activists had been jailed for their involvement in clashes Friday that killed more than 40 people — some died from gunshot wounds, but most from a fire that broke out in a trade union building. It was the worst violence in the Ukrainian crisis since more than 100 people died in Kyiv in February.

Ukrainian Prime Minister Arseniy Yatsenyuk visited Odesa on Sunday to try to defuse the mounting tensions and hinted strongly that he saw Moscow's hand in the unrest spreading through southeastern Ukraine.

Concerns are mounting that Moscow ultimately aims to take control of a huge swath of southeastern Ukraine from Trans-Dniester to Russian-dominated industrial areas in the east. Russian President Vladimir Putin, who calls the area historically Russian lands, has said he doesn't want to send in troops but will if necessary to protect his country's interests.

The Interior Ministry said 67 activists had been released on prosecutors' orders. Prosecutors, however, later said they had nothing to do with the release and accused the police of failing to carry out their duties.

Putin spoke by telephone Sunday night with German Chancellor Angela Merkel, the latest in a series of discussions they have had about Ukraine.

The Kremlin said they agreed on the importance of the role to be played by the Organization for Security and Co-operation in Europe, and said Swiss President Didier Burkhalter, whose country currently chairs the OSCE, would visit Moscow on Wednesday.

THE ASSOCIATED PRESS

A man is greeted by supporters after being released from a local police station that was stormed by pro-Russian protesters in Odesa, Ukraine, on Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

Canada-Russia relations

Canada imposing sanctions

Ottawa says it is imposing economic sanctions on 16 more Russian "entities" over that country's actions in Ukraine.

Prime Minister Stephen Harper issued a statement Sunday saying Russia's "illegal occupation of Ukraine and provocative military activity" remain a serious concern.

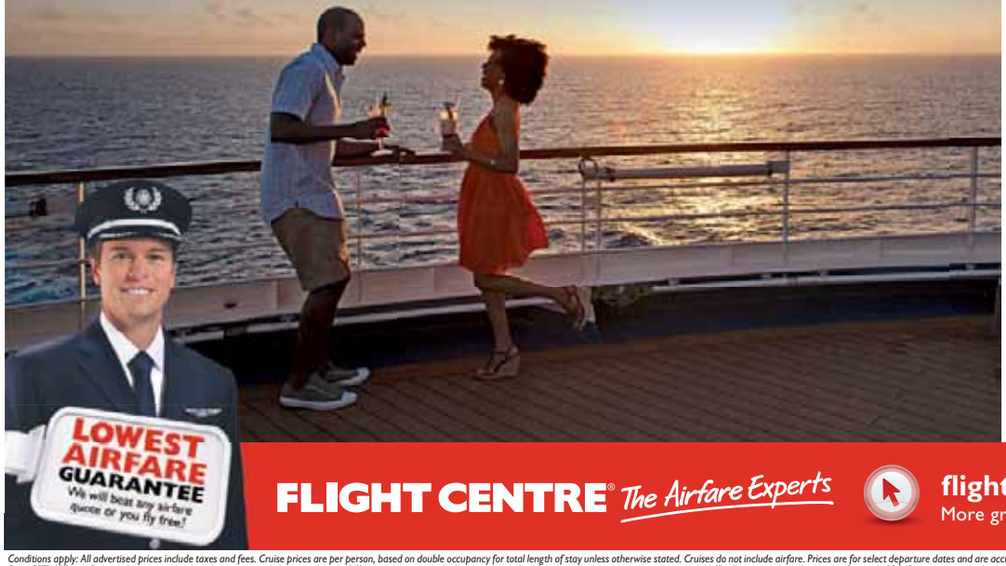
Harper says the latest measures should increase the economic pressure on Russia and "those responsible for the crisis in Ukraine."

In the last couple of months, the Harper government has imposed a number of political and economic sanctions against senior officials and some institutions in Russia and Ukraine.

Canada has also said it will send six CF-18 fighter-bombers to join a NATO air police mission.

THE CANADIAN PRESS

Even those tiny moments are massively memorable.



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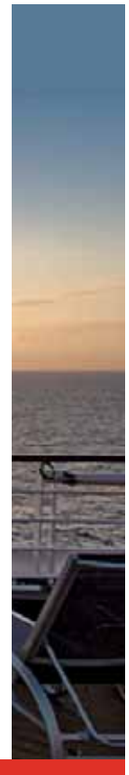

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Nine acrobats seriously injured in aerial stunt

Rhode Island.
Eight performers hanging by hair fall 12 metres, dancer below injured as well

A platform collapsed during an aerial hair-hanging stunt at a circus performance Sunday, sending eight acrobats plummeting to the ground. Nine performers were seriously injured in the fall, including a dancer on the ground below, while an unknown number of others suffered minor injuries.

The accident was reported to police at about 11:45 a.m., 45 minutes into the Ringling Brothers and Barnum and Bailey Circus' Legends show at the Dunkin' Donuts Center in Providence.

In a cellphone photo provided by Tara Griggs, emergency workers tend to injured performers.
TARA GRIGGS/THE ASSOCIATED PRESS

Stephen Payne, a spokesman for Feld Entertainment, the parent company of Ringling Bros., said the accident happened during an act in which eight performers hang "like a human chandelier" using their hair.

He said the metal-frame apparatus from which the performers were hanging came free from the metal truss it was connected to. The eight women fell up to 12 metres, landing on a dancer on the ground.

All the performers have been doing "some variation of this act for some time," Payne said, though he didn't know how long. The current incarnation of the act began in January with the launch of the show, he said.

Providence Public Safety Commissioner Steven Pare said officials and inspectors haven't yet determined what caused the accident. He said none of the injuries appear to be life-threatening.

THE ASSOCIATED PRESS

Thousands gather for Sao Paulo Gay Pride Parade

Participants carry a rainbow flag as people march during the annual Gay Pride Parade in Sao Paulo, Brazil, Sunday. Gay rights advocates are calling for a Brazilian law against discrimination as they gather by the hundreds of thousands in Sao Paulo for one of the world's largest gay pride parades. ANDRE PENNER/THE ASSOCIATED PRESS

First openly gay U.S. Episcopal bishop to divorce husband

The first openly gay Episcopal bishop, who became a symbol for gay rights far beyond the church while deeply dividing the world's Anglicans, plans to divorce his husband.

Bishop Gene Robinson has never been fully accepted within the more than 70 million-member Anglican Communion.

Robinson announced the end of his marriage to Mark Andrew in an email sent to the Diocese of New Hampshire, where he served for nine years before retiring in 2012. Robinson did not disclose details about the end of their 25-year relationship, but wrote Sunday in The Daily Beast he owed a debt to Andrew "for standing by me through the challenges of the last decade."

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Young blood, literally. Vitality of older mice improved after injections

Older mice got stronger, exercised longer and performed better mentally after they were injected with blood from young mice, or even just with a substance that's more abundant in younger blood, U.S. researchers found.

Someday, if more research goes well, this may lead to a way to treat some infirmities of old age in people. In the meantime, scientists have a warning.

"Don't try this at home," said Saul Villeda of the University of California, San Francisco, an author of one of three papers published online Sunday by the journals Nature Medicine and Science.

He worked with mice that were roughly the equivalent of people in their 20s and 60s. Researchers repeatedly injected the older mice with blood from either the younger animals or other aged mice. Those that got the young blood did better in learning and memory tests than mice given the older blood. For example, they performed better at recalling where to find a submerged platform in a maze. THE ASSOCIATED PRESS

Researchers found aging mice injected with blood from younger mice showed greater strength. GETTY IMAGES FILE

Commemorating the Battle of the Atlantic, VE-Day

Royal Canadian Navy veteran Patricia Van't Haaff looks on as Canadian Armed Forces personnel, veterans, cadets and members of the Naden Band of the Royal Canadian Navy march to commemorate the Battle of the Atlantic and Victory in Europe Day in Victoria on Sunday. CHAD HIPOLITO/THE ASSOCIATED PRESS

Ruling. Expat Canucks win back right to vote

More than one million Canadians living abroad are now eligible to cast ballots in the next federal election after a court struck down a law stripping them of their voting rights.

While mass murderers have the right to vote, long-term expats "who care deeply about Canada" do not have the right, Ontario Superior Court Justice Michael Penny said in his decision.

Penny found part of the Canada Elections Act, which bars expatriates who have lived abroad for more than five years from voting, is unconstitutional.

"The (government) essentially argues that allowing non-residents to vote is unfair to resident Canadians because resident Canadians live here and are, on a day-to-day basis, subject to Canada's laws and live with the consequences of Parliament's decisions," Penny wrote.

"I do not find this argument persuasive." THE CANADIAN PRESS

Quoted

"This is not the lawmakers' decision to make — the Charter makes this decision for us."

Ontario Superior Court Justice Michael Penny

Public school system

'Diversity gap' between U.S. teachers, students

U.S. teachers are nowhere near as diverse as their students. Almost half the students attending public schools are minorities, yet fewer than one in five of their teachers is non-white.

New studies from the Center for American Progress and the National Education Association are calling attention to this "diversity gap" at elementary and secondary schools in the United States. The groups want more to be done to help teachers more accurately mirror the students in their classrooms.

According to a 2012 study by the National Center for Education Statistics, of the nearly 3.3 million teachers in U.S. public elementary and secondary schools, 82 per cent were white, eight per cent were Hispanic, seven per cent were black and two per cent were Asian.

Students are a different story. In 2003, minority students made up 41 per cent of the public school population. THE ASSOCIATED PRESS

2,000 show up for #mansionparty

Totalling the damage. Eight windows broken, staircase railing ripped loose, holes punched in drywall, partygoers arrested after allegedly assaulting police

Police were called to 3 Stanley Carberry Cres. in Brampton, a suburb of Toronto, early Saturday to close down a massive party at a huge mansion under construction which saw around 2,000 people show up. COLIN MCCONNELL/TORSTAR NEWS SERVICE

The next time Canice Ejoh hosts a party at his mother's house, he might want to make it invitation-only.

What was apparently intended as a big, but controllable, gathering in their spacious Brampton home near Toronto on Friday night exploded thanks to online word-of-mouth, which turned it into a mini-rave that brought 2,000 unexpected visitors — including area police — and, for some, a spiral into house-wrecking and lawlessness.

"The whole mansion was jam-packed, over hundreds of people outside waiting in a line to get in," said Emmanuel Isaac, the DJ at the party. "(There were) people doing drugs inside, nowhere to move. People were legless drunk getting carried outside. It was a disaster, but a great party."

Damage to the house, which is under construction, was "substantial," according to Peel Constable Tom Ruttan. Some reports pegged the damage at $70,000.

The party was heavily touted on Twitter, with the hashtag #mansionparty spreading the word throughout Friday. Checks with party-goers and on Twitter confirmed the party was started by Canice Ejoh, a 17-year-old local baseball prospect.

Alistair Colville, 17, a friend of Ejoh's, said the party started out normally, but got out of hand rather quickly.

Police say Ejoh had his mother's permission for the party, but Colville noted only "around 200 to 300 people were kind of expected." TORSTAR NEWS SERVICE

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Feeling like a twit for falling for Twitter?

HOW TO ROLL
Alison Griffiths
metronews.ca

If you're looking for stock market love, be aware that those social media affairs can be mighty fickle. Take Twitter. Mere months ago, the IPO (initial public offering) that launched Twitter onto the big board at the New York Stock Exchange was everyone's darling. Now, its shares are as appealing as a warm glass of champagne the morning after the night before.

What happened?

Well, there are basically three kinds of stocks: momentum, growth and value.

Momentum stocks don't need anything more than a good story. Investors interested in momentum will jump on a stock like a surfer on a wave. They also jump off at the slightest hint the wave is cresting.

Growth stocks require not only booming revenues, but also earnings that are projected to leapfrog ahead of the pack. Growth investors will watch for any sign that revenues and earnings are declining.

Value stocks such as Canadian banks and utilities tend to be the Steady Eddies. Those who are looking for lower risk, regular dividends and the promise of gradual stock price increase over time orient themselves to these kinds of companies.

Now to Twitter. It began as a momentum stock. Unlike many in that category, it progressed to growth stock status with real revenues, earnings and, most importantly, a quickly rising user base. Without the latter, there is no growth and no increase in income.

Herein lies the problem. Twitter just announced that the pace of new Twitter users has decreased from 30 to 25 per cent on an annualized basis. No one expects Twitter to graduate to a value stock any time soon. So, without a momentum story and with the first indication of slowing growth, investors are taking their money elsewhere.

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Bed, bath and beyond for $21,000 ... one way

Talk about some serious legroom. Gulf carrier Etihad Airways laid out plans Sunday to offer passengers miniature suites featuring a bedroom, private bathroom and dedicated butler. Etihad already woos fliers with perks including private first-class chefs and in-flight nannies. The 125-square-foot suite will likely cost three to four times as much as regular first-class seats, or about $21,000 US from Abu Dhabi to London — one way. THE ASSOCIATED PRESS

Coca-Cola is taking brominated vegetable oil out of some Powerade drinks. THE ASSOCIATED PRESS FILE

Powerade now minus the brominated vegetable oil

A controversial ingredient is being removed from some Powerade sports drinks in the U.S., after the chemical was also taken out of rival Gatorade last year.

The ingredient, brominated vegetable oil, had been the target of a petition by a Mississippi teenager, who questioned why it was being used in a drink marketed toward health-conscious athletes. The petition on Change.org noted that the ingredient is linked to a flame retardant and is not approved for use in Japan or the European Union.

PepsiCo said last year it would drop the ingredient from Gatorade. At the time, Coca-Cola declined to say whether it would remove the ingredient from the two flavours of Powerade that contain it as well. THE ASSOCIATED PRESS

Fibre-optic networks

Phone and cable companies duke it out for customers

Armed with fast fibre-optic networks that can now reach millions of homes across the country, Canada's telephone companies have turned the tables on the cable companies.

They're reversing a trend that emerged about a decade ago when the big cable companies made a major push into residential phone service, taking a piece of what was once the telcos' sole domain.

Now the phone companies are fighting back as they replace more of their copper-wire infrastructure with high-speed fibre optics that deliver TV service comparable to what the cable guys can offer. THE CANADIAN PRESS

As BlackBerry fades

K-W aims to be Silicon Valley North

City officials in Kitchener and Waterloo, Ont., want to be the next Silicon Valley.

The bustling stretch between sunny San Francisco and San Jose — home to giants like Google and Apple — has become the template for a new vision of Ontario's technology sector, which is redefining itself in the wake of BlackBerry's massive layoffs.

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EIGHTEEN DOWN, 582 TO GO

URBAN COMPASS

Paul Sullivan
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According to a recent story in the competition, there are 600 sushi restaurants in Metro Vancouver.

And if that doesn't boggle your mind, it doesn't boggle easily.

How can there possibly be that many sushi restaurants in a place that's not Japan? That's even more than Los Angeles, where sushi's as common as smog.

It's absurd. Think of all the things we need here in Vancouver — affordable housing, more than nine sunny days a year, a sense of humour about ourselves — but instead we have 600 sushi restaurants.

Is this a response to demand? Are we all clamouring for sushi?

It's certainly not because it's easy. Have you ever watched your friendly neighbourhood sushi chef painstakingly chop, roll, shape, sprinkle, garnish and apply the ginger and wasabi garnish? The Iron Chefs have nothing on these people and their stamina and discipline, yet we seem to have an inexhaustible supply of intense, dedicated chefs who will turn out dynamite roll all the live-long day.

It doesn't seem to matter that most local Japanese restaurants are not run by Japanese people, but by Korean and Chinese chefs. Nor does it matter that the most popular local varieties are unknown in Japan. Sushi has become an international hybrid. Bring on the B.C. roll. (And go easy on the raw fish and seaweed.)

What is it about sushi?

Maybe it's because of all the fresh seafood swimming around just off the seawall. Ever had sushi in Toronto? Why?

Is it the bite-size variety? If that were the case, then there would be 600 tapas restaurants in Vancouver.

Is it because sushi is so healthy? If so, why aren't there 600 vegan restaurants in Vancouver? Plus anything that features deep-fried shrimp rolled up in a blanket of empty carbs (white rice) is not exactly health food. It's good, though, isn't it?

I think we have 600 sushi restaurants in Vancouver because, unlike pizza or burger joints, sushi is the most fun you can have for under 20 bucks.

For some of us, the sushi boat is kind of a grownup version of the pirate pack, offering the romance of the high seas plus wasabi. I can't say enough about wasabi, horseradish of the gods. Wasabi makes grown men cry, and that's a good thing.

Maybe it's because sushi restaurants pack in more ritual than the rest of the entire spectrum of international delights combined, although dim sum comes a close second.

From the cheerful greeting bellowed out as you come in through the door (usually "irasshaimaseto," which means "please come in") to the little orange slices at the completion of the meal, it's one happy little ritual after another.

Maybe it's all of the above. Or maybe it's some mysterious, rare Wet Coast quirk that manifests itself in a surfeit of sushi restaurants.

I don't know. But I do know I now have a mission in life. I'm at about 18 and counting. Only 582 to go.

ZOOM

Sea stars vanish into the sea

Scientists are making progress trying to figure out what is causing the mass die-off of sea stars along the entire west coast of North America. Sea Star Wasting Syndrome has decimated the creatures from Alaska to Mexico, wiping out some colonies off the coast of British Columbia. HANDOUT

Scientists narrow in on Sea Star Wasting Syndrome

Scientists are making some headway in figuring out what is killing millions of sea stars in the waters off the Pacific coast, from British Columbia to Mexico.

While a definitive answer eludes them, researchers suggest a pathogen — either bacterial or viral — is responsible for the death toll.

Populations of several different species have been wiped. THE CANADIAN PRESS

Disintegration

The disease was first noticed last summer, among sunflower sea stars near Vancouver and Seattle. Within weeks, whole colonies had dissolved into the sea. White lesions appear on the arms of the sea stars. Very quickly, they begin to deteriorate until their arms fall off. Eventually, there's nothing left but "goo."

Just gathering specimens for testing was a challenge because the creatures disintegrated so quickly.
THE CANADIAN PRESS

High toll

- Sunflower sea stars were the first found disintegrating on the ocean floor, but the disease has not been discerning. Morning sun, mottled, giant pink, and purple stars have suffered the highest mortality.
- In the pockets where the syndrome takes hold, mortality is upwards of 95 per cent.

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Worth mentioning. In dry times, California city mulls restarting its old desalination plant to suck up seawater

The seaside city of Santa Barbara thought it had the perfect solution the last time California withered in a severe drought more than two decades ago: Tap the ocean to turn salty seawater to fresh water.

The $34-million desalination plant was fired up for only three months and mothballed after a miracle soaking of rain.

As the state again grapples with historic dryness, the city nicknamed the "American Riviera" has its eye on restarting the idled facility to hedge against current and future droughts.

"We were so close to running out of water during the last drought. It was frightening," said Joshua Haggmark, interim water resources manager. "Desalination wasn't a crazy idea back then."

Joshua Haggmark, interim resources manager for Santa Barbara, Calif., stands next to a desalination plant. ALICIA CHANG/THE ASSOCIATED PRESS

Removing salt from ocean water is not a far-out idea, but it's no quick drought-relief option. It takes years of planning and overcoming red tape to launch a project.

Santa Barbara is uniquely positioned with a desalination plant in storage. But getting it humming again won't be as simple as flipping a switch.

After the plant was powered down in 1992, the city sold off parts to a Saudi Arabia company. The guts remain as a time capsule — a white elephant of sorts — walled off behind a gate near the Funk Zone, a corridor of art galleries, wineries and eateries tucked between the Pacific and U.S. 101.

The city estimates that it will need $20 million in technological upgrades, a cost likely to be borne by ratepayers. THE ASSOCIATED PRESS

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See that symbol? It means you can scan the photograph below with your Metro News app to see behind the scenes of Neighbors.

Ebooks

Mom in the Movies

By. Richard Corliss

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
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scene@metronews.ca

Where have all the movie moms gone? This rich, engaging exploration mourns their recent fading from modern screens by reminding us of their past diversity as protectors, peacekeepers, martyrs, matriarchs, victims, and scene-chewing villainesses. Large photo galleries and side essays from Debbie Reynolds, Carrie Fisher, and Tippi Hedren help remind us all that we're missing out.

Box office

Spider-Man nets $92 million

The Amazing Spider-Man 2 debuted with $92 million at the box office over the weekend, according to studio estimates Sunday. It was a solid opening for Sony's Columbia Pictures, which has released five movies about Marvel's web-slinging superhero in the last 14 years. Last week's No. 1 film, the female revenge comedy The Other Woman, slid to second with $14 million. THE ASSOCIATED PRESS

What's it like being chased by fan girls?

Neighbors. Dave Franco — younger brother to James — dodges some screaming fans to sit down with Metro

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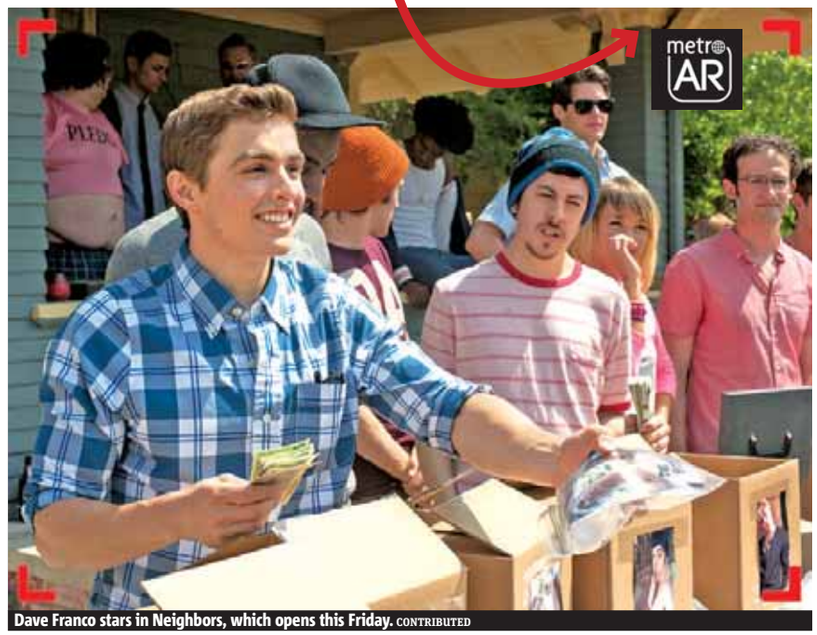

Dave Franco stars in Neighbors, which opens this Friday. CONTRIBUTED

This must be what being a Beatle felt like. In one of the more interesting interview scenarios I've encountered, the reps for Neighbors tossed Dave Franco and myself in the back of an SUV to circle the neighbourhood around their makeshift frat house at SXSW so that we could talk in peace. See, the screaming girls who'd been following Franco and co-star Zac Efron around had found the house. So into the SUV we went to talk fraternities, hazing and homoeroticism.

Animal House aside, you don't normally see frat guys depicted in a positive light.
What I love about this movie is you get to choose sides, and there's not a clear villain or hero. At the beginning of the movie, my character is ... a little similar to parts I've played in the past in terms of being a little more villainous and kind of douchey. And then as the movie progresses, you get to see me interacting with my frat brothers more, and you get to see the human side, some vulnerability and that this guy is a good person, deep down. And I give [director Nick] Stoller credit for making these well-rounded characters and for making it something where the audience is going to probably flip-flop in terms of who they're rooting for.

You were never in a frat, right?
I wasn't, but I went to USC, where the Greek system is huge. I had friends who were in fraternities so I'd go to their parties, but it would always be awkward for me because my friends would invite me, but then the rest of the fraternity brothers who didn't really know me always questioned why I was there, because the rest of them went through this crazy pledge semester and Hell Week, and I didn't earn that. But I did experience to some degree similar party atmospheres to those you see in the movie. For example, I remember at USC there were parties where they filled the entire house with foam, and you'd find people by the end of the night naked running around in the foam. I mean, it's disgusting. It's one of those things where I look back and I can't believe that I participated in any of it, but at the time it was incredible.

There are screaming fans everywhere here. In fact, we're doing this interview in the back of an SUV to avoid them. How do you get used to this?
To be honest, it's nice because Zac takes a lot of the attention (laughs). Whenever I'm travelling around with him, I'll let him take the lead and kind of distract everyone, and then I'll run out the back door. Like, no pun intended.

Bauer is back — this time on James Bond's turf

24: Live Another Day. Kiefer Sutherland reprises his role as the super agent in 12-episode miniseries

Jack Bauer is no James Bond.

He wears a sweat-stained T-shirt instead of a Tom Ford suit. There is no jazzy musical theme song when he walks in the door, just the ominous countdown of that thudding clock. And unlike the imperturbable Bond, Bauer seems perennially shaken, stirred and mightily pissed off, especially when it comes to terrorists.

In 24: Live Another Day, Canadian Kiefer Sutherland reprises his role as the bedraggled super agent. And this time he's working on Bond's turf; the action takes place in London. And the title, Live Another Day, echoes the Pierce Brosnan Bond of Die Another Day.

But this is not the London of postcards: There are few tourist shots of Big Ben or the Tower of London. Nor is there a blow-dried Brosnan in sight. Much of it could have been shot in any industrial borough in the westernized world. But it is a fitting backdrop to the older, wiser and now even more grizzled Bauer. The action takes place four years after the end of Season 8. Bauer is a fugitive wanted by both the American and Russian governments.

The American president is in London for high-level talks, and Bauer's former employer, the CTU (Counter Terrorist Unit), is hunting him. As with prior 24 seasons, the two-hour premiere of the 12-episode miniseries (Monday at 8 p.m. on Global and Fox) mixes current events with flashpoint topics. The script blends in the controversy over the use of drone warfare with shades of WikiLeaks and Edward Snowden.

Jack Bauer is taking his smack-down ways to London. CONTRIBUTED

TORSTAR NEWS SERVICE

Got any wedding guest horror stories?

This author has more.
Jen Doll wants to save you from getting egg on your face at your friends' nuptials

EMILY LAURENCE
Metro World News

Before you spend money on a dress you'll never wear again, before you scroll down a list of wedding registry gifts just looking for something in your price range — and most importantly, before you weed through your list of Facebook friends looking for someone hot enough you can ask to be your date without it being too weird — read these tips from Jen Doll, author of Save The Date.

She's been to more than her fair share of weddings, has seen it all and is here to save you from any wedding-guest mortification you are unknowingly setting yourself up for.

Don't make out with anyone related to the bride

"If you're single, you can flirt or make out with anyone you are attracted to who is also single ... as long as they aren't a relative of the bride," she says. Let Doll, who has seen her fair share of disastrous wedding hookups — and even had some of her own — save you from doing something you'll regret the next day. "The price of paying for it is too great with the awkwardness and potential apologies waiting to be made," she warns.

And that goes for the cater waiters too

Even if the hottest people at the reception at the ones keeping your wine glass full, Doll says it's best not to flirt with the wait staff. "They're there to serve you, so they have to be nice to you. It's a bit ungenerous to put them in that spot," she says. If it really seems like true love, Doll recommends exchanging digits and hanging out at a later date.

Don't do shots

The open bar isn't going to shut down, so there's no need to rush to the bar and start the day with tequila shots. When it comes to boozing it up at a wedding, take it slow. Doll has a whole section in her book devoted to the dangers of the open bar, so learn from her mistakes.

Don't wear painful shoes, even if they're pretty

Weddings are long. "You're going to be standing, dancing and just generally spending a lot of time on your feet, so wearing shoes that are going to make you want to kill yourself after five minutes is not a good idea," Doll advises. When it comes to the rest of the outfit, her advice is to wear something you feel confident in. "It's nice to go to a wedding feeling good about yourself and good about the relationship you're there to support," she says.

Don't bring a date just so you're not alone

There are definitely times when you should bring a date to a wedding, like when you're married or dating someone you like being around and who your friends like being around, too. But there are times when it's better to go solo, even when you'd rather not. "If you're going to be seeing a lot of old friends and it's like a reunion, it might be best to go alone," Doll explains. You don't want to be stuck explaining who every person you name-drop is to your date, who will probably be bored, anyway.

"Also, if you just started dating someone new, it's best to go by yourself," she says. "You don't want to push a new relationship and make it seem more real than it is," she says. Another time when it's best not to bring a date: right after a breakup. "It can be scary to go alone, but use that time to do something nice for yourself," Doll says. Get a blowout. If it's a destination wedding, stay a little longer. Use the wedding as an excuse to indulge.

Jen Doll, author of Save the Date. SARAH SHATZ

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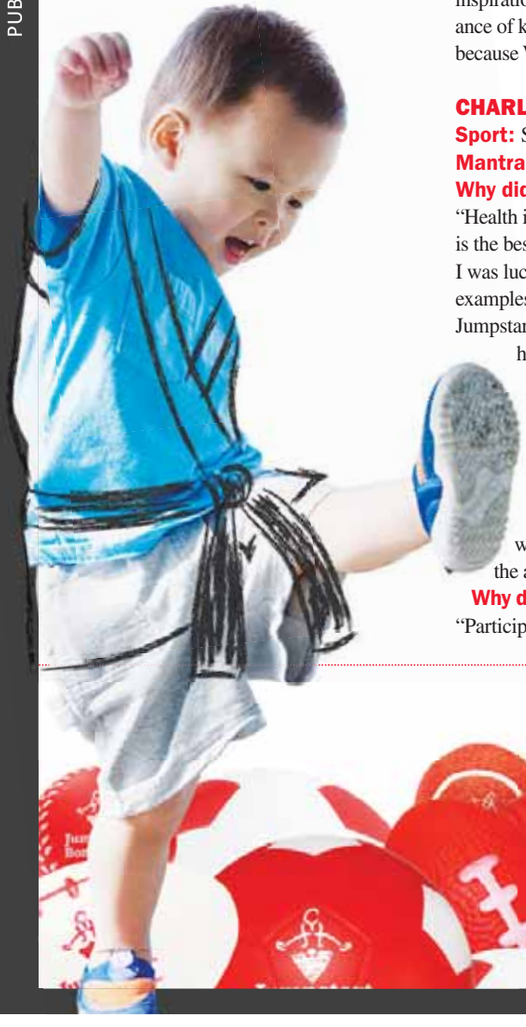
At Canadian Tire Jumpstart, we believe that all kids deserve the chance to play, and our athlete ambassadors do too. They know what it means to work hard, to dedicate time and resources, and to be given a chance to participate. One in three Canadian kids are not given this chance. Financial barriers such as registration, equipment and transportation fees keep many kids from getting in the game.

That's why Jumpstart, a national charity dedicated to helping kids from financially disadvantaged families participate in organized sports and physical activity programs, is working to close this gap. Equipping kids for life through sports does more than improve health and well-being; it helps them develop a sense of belonging to the community, lifelong friendships, life skills such as confidence and teamwork, and the inspiration to excel on and off the field.

Across Canada, Jumpstart has a network of athlete ambassadors who share and support this vision. They embody the best values of sport, and recognize the impact it can have on shaping Canada's future through younger generations. These athletes have been our mentors, our role models and our inspiration, and they recognize the importance of keeping all children and youth active because We 'Can' All Play for Canada.



MARK MCMORRIS

Sport: Snowboard
Mantra: Give'r!
Why did you partner with Jumpstart?
"I have been participating in sports since I can remember and Jumpstart gives kids the opportunity to participate in sport. Charities like Jumpstart hit home for me. I'm glad to stand behind something that is doing the right thing for kids in Canada."

See that symbol? It means you can scan this photo of Mark McMorris with your Metro News app to see more.

CHARLES HAMELIN

Sport: Speed skating
Mantra: Have fun doing it and play fair.
Why did you partner with Jumpstart?
"Health is really important for kids and sport is the best way to get healthy and active. I was lucky that my parents were good examples for me in sport when I was young. Jumpstart is there to make sure that all kids have opportunity to get involved in sport and at the same time make Canada's future healthier."

MAËLLE RICKER

Sport: Snowboard cross
Mantra: If plan A doesn't work, there are 25 other letters in the alphabet.
Why did you partner with Jumpstart?
"Participating in sport growing up impacted my life in many positive ways on and off the mountain, and Jumpstart is an amazing charity that helps children get those amazing sporting opportunities as well."

ROSIE MACLENNAN

Sport: Trampoline
Mantra: As long as I breathe.
Why did you partner with Jumpstart?
"I was brought up in a very active family and participating in sport was always a way for my siblings and me to connect to each other but also to new friends. It was a way for us to learn and find something that we were really passionate about. It also let us face challenges and overcome them. I think it is so important for kids to get involved in sport, but there is not always a way, and Jumpstart is changing that."

BENOÎT HUOT

Sport: Paralympic swimming
Mantra: Never give up on your dreams and make every day count.
Why did you partner with Jumpstart?
In August of 2013, Benoît became Jumpstart's newest ambassador and has been working with Jumpstart from his home province of Quebec to help increase access to sport for athletes at all levels. He is the perfect example of a professional athlete who breaks down barriers.

JONATHAN TOEWS

Sport: Hockey
Why did you partner with Jumpstart?
"If kids don't have the same chances I did as a kid, they don't quite have the same chance to accomplish their dreams. "Maybe they have dreams of being a professional someday or they just want to have fun, make friends and learn what it takes to be on a team."

It's always easier to pursue your dreams when you have help, and these athletes know it's easier to succeed when you have the support of your parents, friends, neighbours, teachers, coaches and community. Thanks to our network of supporters, Jumpstart is part of every community in Canada.

Since 2005, Jumpstart has helped more than 700,000 kids (and counting) get off the sidelines and into the game. To apply for funding, donate, or learn more about Jumpstart and the impact we're making in your community, please visit canadiantire.ca/jumpstart.

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HELPING KIDS TO SWIM WITH CONFIDENCE

For Eric Pilz, a Vancouver father of four, one of his proudest moments came when he watched his sons overcome their fears and each dive head-first in to a pool from a three-metre diving board.

Pilz knows a lot about overcoming life's challenges. As a single father confined to a wheelchair, he hasn't always been able to give his kids the kind of one-on-one help that he would like. However, thanks to charities such as Canadian Tire Jumpstart, he is able to give his kids more opportunities. Jumpstart is a national charity dedicated to removing financial barriers so that all kids can participate in organized sport and physical activity. In 2012, Pilz turned to Canadian Tire Jumpstart so his sons could take weekly diving lessons at a local pool in Vancouver.

"When they started, they were afraid to jump off the one-metre board," Pilz told Jumpstart. "But by the end of the year, they were doing back dives from the three-metre board. The lessons have taught them so much — discipline, fortitude and how to overcome their fears."

Today, his youngest sons, 12-year-old identical twins Josh and Nick, have a new diving goal. After watching the Summer Olympic Games in London two years ago, the brothers became inspired to try their hand at the sport of synchronized diving.

Whether his sons go on to compete isn't important to Pilz. He's proud of the things they've been able to accomplish and grateful that Jumpstart helped make it possible.

"The impact that Canadian Tire Jumpstart has in our communities is invaluable," local Canadian Tire Dealer Ward Saito said. "Jumpstart has helped 11,091 kids from Vancouver since 2005, and this is just one example of the many success stories the Vancouver chapter has to share."

Participation in sports and physical activity equips kids for life because those who get the chance to participate develop life skills, such as confidence and teamwork, and they learn to live healthy, active lives, as well as making their parents proud.

Since 2005, Jumpstart has helped more than 700,000 kids (and counting) to play. Thanks to a unique charity model that involves working with more than 3,100 Jumpstart community partners, it is able to be on the ground in every community in Canada. These community partners play a key role in making Jumpstart successful, and this model helps ensure the funds are directed to those who need it most.

You can help local kids get in the game by supporting the Jumpstart Red Ball campaign. Throughout May head into your local Canadian Tire, Mark's, Sport Chek, Atmosphere, National Sports, Sports Experts, or Canadian Tire Gas+ location and donate $2 in exchange for your own Jumpstart Red Ball, representing the gift of play you are giving to a deserving child. One hundred per cent of your donation helps kids in your community. To learn more about how Jumpstart is making an impact in your community or to make a donation, visit canadiantire.ca/jumpstart.

Mark's, Sport Chek, Atmosphere, National Sports,
onate $2 in exchange for your own Jumpstart Red Ball.
tart or call 1-877-616-6600.
help all kids play
Jumpstart

Simple DIY for Mother's Day

Style gurus Steven Sabados and Chris Hyndman think all moms deserve to be pampered. They've shared these easy, cost-effective DIY projects to help you celebrate your own mom this Mother's Day. For more ideas, watch Steven and Chris weekdays at 2 p.m. on CBC.

ALL PHOTOS AND TEXT PROVIDED BY STEVEN AND CHRIS

Tulip Bulbs in a Vase

This classic spring flower will brighten up any Mother's Day celebration. Try some simple but dynamic presentations, here and at right.

You'll need:
- Potted tulips
- Flat bottom vase
- Clear glass stones or beads

Instructions:
1. Extract tulips from their soil.
2. Shake them out and wash soil away in a bowl of water.
3. Handle roots carefully to keep them intact. If bulbs are discoloured, peel them back like an onion to reveal new skin.
4. Add stones to bottom of vase.
5. Delicately place bulbs inside vase, spreading the roots.
6. Once you have 2-3 bulbs in place, add a few stones to anchor bulb and roots.
7. Keep layering stones until they're almost covering the bulbs.
8. Add cold water for a beautiful tulip bulb display.

Bunching Tulips in a Leaf-Wrapped Vase

You'll need:
- Fresh tulips
- Standard tapered glass vase
- Monstera and banana Leaves

Instructions:
1. Line inside of vase with the monstera and banana leaves.
2. Trim stems of tulips to fit, creating two bunches.

Tip: Cut the ends on a slant and they'll absorb water better.

Tulip Flutes

You'll need:
- Fresh tulips
- Clear tall flute vase

Instructions:
1. Measure tulips by placing them next to a tall flute vase.
2. Trim accordingly to different heights.
3. Add cold water to the vase.
4. Strategically place three simple tulips in the flutes. Start with the shortest one and work to highest. Less is more; using three stems is what makes this arrangement sophisticated.

I (Heart) Travel DIY

This art project is a great way to say that your heart belongs to mom. Best of all, it will barely cost you a thing!

You'll need:
- A colourful map
- A shadow box (from an art supply store)
- Scissors
- Cellophane tape

Instructions:
1. Find an old map from a place you've travelled to together.
2. Cut out a heart shape sized to fit the frame you plan to use.
3. Carefully crumple the heart, then un-crumple (for added texture).
4. Secure the heart with a piece of tape to the back of the shadow box.

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Simpsons murder mystery. It's anyone's guess which character will say sayonara

The fall season premiere of The Simpsons will be a Game of Thrones parody called The Yellow Wedding, and the show is committing to it in a big way: One of its characters will die for good. But which one? Barney? Grandpa? Krusty the Clown?

Showrunner Al Jean dropped a few hints about who'll be going to the big doughnut in the sky.

"This is going to be a bigger deal than King Joffrey on Game of Thrones — The Yellow Wedding!" Jean told TV Line. "The character that dies is portrayed by an actor who won an Emmy for playing that character. People who reported on it then reported we were killing an 'iconic' character; I'd like to say it's a great character, but I never used the word 'iconic.' It's a terrific character and it (happens in) our premiere this coming year."

Jean also implied that the actor who voices the doomed character doesn't voice any others on the show. "What we told the performer is, 'This does not mean the end of your participation in The Simpsons,'" he said, suggesting they could return in a dream sequence or the Halloween special Treehouse of Horror.

The Simpsons included this tribute to actress Marcia Wallace in the opening credits for the Nov. 3 episode. FOX

We're looking for an Emmy-winning actor who voices a character who's popular but not iconic, and who doesn't voice any other characters on the show. Fans have pieced that information together and believe they know who bites the dust: Rabbi Hyman Krustofsky, Krusty the Clown's dad.

Who? Well, quite. If The Simpsons wants to emulate Game of Thrones, it's got to kill someone who's actually beloved.

MELINDA TAUB/METRO WORLD NEWS

Kerry Washington

It's a girl for Kerry Washington

Kerry Washington and retired NFL player Nnamdi Asomugha are officially parents.

A birth certificate shows the couple's daughter Isabelle Amarachi Asomugha was born around 5 p.m. on April 21 in Los Angeles. The parents haven't announced the baby publicly. Washington's publicist Amanda Silverman said no statement was available.

Washington is the Emmy-nominated star of the ABC series Scandal. The show's third season was cut short after the 37-year-old actress became pregnant.

THE ASSOCIATED PRESS

Naya Rivera ALL PHOTOS GETTY IMAGES

Naya Rivera is still a Gleek

Naya Rivera won't be absent from Glee's sixth season.

"There is no truth to the rumour Naya has been fired from the show," the Fox network noted in a statement Saturday night, which concluded, "She remains under contract to Glee."

Rivera plays Santana Lopez, a lesbian glee club member, on the popular musical drama.

Before Glee actress Lea Michele arrived Saturday morning at the premiere of her latest film, the animated Legends of Oz: Dorothy's Return, a publicist for Michele said her client would not comment on co-star Rivera, the subject of numerous rumours and reports over the last week.

But Michele did reveal Glee had its fifth-season wrap party Friday night.

It's been a difficult year for the series' cast and crew, in the wake of the July 2013 overdose death of actor Cory Monteith, who had been romantically linked to Michele.

The show's fifth-season finale is set to air May 20.

THE ASSOCIATED PRESS

Ben Affleck

Ben Affleck caught cheating ... at blackjack

The Hard Rock Casino in Las Vegas caught Ben Affleck counting cards over the weekend and banned him from the game for life.

According to the Hollywood Reporter, the Argo actor (and future Batman) was in town with wife Jennifer Garner when he was approached by security for winning a little too often.

Nobody lost their cool, though. The hotel invited him to play a few other games and then ordered a car for him. Technically, counting cards isn't illegal. Casinos just don't appreciate it very much.

The Reporter also mentioned that Affleck won a reported $800,000 US in 2001 playing the same game at the same casino.

METRO WORLD NEWS

Johnny Weir

Fashion-forward Johnny Weir picks the winning horse

The Pegasus-themed hat Johnny Weir wore to the Kentucky Derby practically shut down the Internet on Saturday.

Weir, who was there as a fashion correspondent for NBC along with skater Tara Lipinksi, described his hat as "clean, pure, fun, feathers, and that's what the Derby's about, fashion-wise."

Lipinski's favourite aspect of the Kerin Rose Gold-designed hat? "The golden hoof," she noted. "It is sparkling."

Weir is currently going through a bitter divorce with his husband of two years, Victor Voronov, a Georgetown Law grad. The divorce drama has apparently caused the Olympian to drop out of the upcoming season of Celebrity Apprentice. In the ongoing divorce hearings, Voronov has claimed that Weir is worth $10 million, though Weir has refuted that. METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

How many new Coldplay songs will it take to mend a broken heart?

STARGAZING
Malene Arpe
scene@metronews.ca

Chris Martin says he's largely to blame for his recent "conscious uncoupling" from Gwyneth Paltrow. In that he really wanted to get away from her.

Rumours persist that Gordon Ramsay recently got a second hair transplant. Says a rep for Ramsay, "Shut your bleeping bleep, you bleeping liar."

To prepare for playing Elton John in the upcoming biopic, Tom Hardy has been wearing the singer's old clothes. Is it weird that I find the thought of Tom Hardy in boa ... interesting?

Chrissy Teigen says that she and husband John Legend recently had mile-high sex under a blanket in first class and that they should "get a trophy for that." Appropriate responses to this unsolicited information include: 1) Eww. 2) Blerg. 3) First-class cooties, amirite? 4) Gross. 5) Still not as bad as the four snotty toddlers screaming non-stop on my last nine-hour flight.

Rumours persist that Rihanna and Katy Perry were observed dancing very, very close. Says a rep for the two, "Shut your titillating tantalizer, you fantasizing liar."

LIFE 3

Five more reasons we often find ourselves in Debt Hell

Debt's a losing game. And you have to be prepared for those times in life when you may be dealt a bad hand

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Gambling can put you on a slippery slope toward financial disaster, plain and simple. ISTOCK

Last week I talked about five ways people end up going into debt. From not being prepared with an emergency fund to not putting the effort into managing money responsibly, there are plenty of ways to get into debt. Here are yet five more ways people dig themselves a debt hole, often without ever thinking about what they're doing wrong.

Expenses go up, but spending doesn't go down

There are the people who buy a home and think they can still eat out six nights a week. Then there are the people who have kids and still think they can spend $600 on a handbag. Or how about the people who start their own businesses and still think a vacation every year is their right?

Whenever you make a move that sends your expenses up, but don't cut back on your discretionary spending, you're stepping on the road to Debt Hell.

We don't talk about money

How can you have an intimate relationship with a partner and then refuse to talk about your money? All the time I hear people say things like:

- "That's his money. He earned it."
- "She makes more than me, so I don't have the right to ask questions."
- "I try to make a budget, but he just won't have anything to do with it."
- "He has no self-control. We just fight about money all the time."
- "She keeps the stuff she buys a secret. I find things with the tags still on them."

If you love each other enough to make a life commitment, why aren't you willing to talk about managing your money as a team? Perhaps it's because one or both of you don't want to be accountable. Or maybe your self esteem is bruised because your partner makes more and throws his or her weight around.

Divorce

Two people cannot run separate households as cheaply as they can run one, so if you divorce, one or both of you will feel a lot poorer.

It's a sad reality that a huge percentage of households are torn apart emotionally and financially by divorce. Divorce is one of the reasons I think joint credit is a really, really bad idea. That means no joint credit cards. And if you must have a joint line of credit, it should take two signatures to access it. That way one person can't destroy the other financially with silly shenanigans.

Gambling

I can't believe the number of people who blow money on games of chance. From the lottery to the slots, from poker to the casinos, people are dumping millions and millions of dollars they could be using to build their own lives into the profits of those who run the Dream Machine.

Some people have such serious issues with gambling that they lose their homes. Gambling is not the answer to money problems; it is the route to more money problems. And while someone always wins when you gamble, the dice are loaded in favour of The House.

Choices, choices, choices

Going into debt is sometimes a choice. We make the choice when we buy something we can't afford to pay for, every time we don't bother to check to see if we have enough money in the bank to get to the end of the month and every time we waste $5.

Banking on a windfall

Not unlike the gambler, the person who is banking on a windfall doesn't want to have to work as hard as it would take to get the life they want. Count all the people who aren't saving for their retirement in this group. Ditto the people who aren't putting money away for an emergency.

Like magic, money will fall into their laps and they will be able to right all their financial wrongs. Most people who benefit from a windfall end up in debt anyway because they never had the discipline and strategies for money management in the first place.

Sure you can forgo one leg of your financial plan because you're trying to make another stronger — giving up saving until your debt is repaid is the classic example. But don't fool yourself. Like a table with a weak leg, it'll only take a little pressure in the wrong place to make the whole thing fall down.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROAD MAP TO SUCCESS.

Did you know 72% of pain sufferers regularly have trouble sleeping?*

*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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SHOPPERS DRUG MART

Colour outside the light lunch lines: Seared Tuna with Mediterranean Salsa

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FLASH FOOD
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Tuna and this Mediterranean salsa are the perfect pair.

The best way to have the most tender tuna is to sear the outside and leave the interior slightly pink. If this is not your style, cook it for longer, being careful not to overcook, since the tuna will dry out. Or, if you prefer to cook a fish all the way through, try replacing the tuna with another firm fish such as tilapia, swordfish or halibut.

When I buy fresh tuna for cooking, I like to use bluefin tuna, which has dark red flesh that I find to be the most flavourful. Be sure to always buy the fish from a reputable fish store for the freshest tuna possible.

Tuna is rich in high-quality protein and an excellent source of nutrients such as selenium, potassium, magnesium, and of course, omega-3 essential fatty acids, which are known to reduce the risk of heart disease and cancer.

The salsa can be made early in the day, but remove the seeds of the tomatoes.

This dish can be served right off the heat or at room temperature.

Nutritional information

Per serving

- **Calories.** 241
- **Carbohydrates.** 4.2 g
- **Fibre.** 1 g
- **Protein.** 36.8 g
- **Total fat.** 7.8 g
- **Saturated fat.** 2.1 g
- **Cholesterol.** 74 mg
- **Sodium.** 258 mg

Ingredients

Salsa
- 1 cup diced plum tomatoes
- 1/3 cup diced sweet green peppers
- 1/4 cup diced green onions
- 3 tbsp chopped black olives
- 2 tbsp fresh lemon juice
- 1/3 cup crumbled reduced-fat feta cheese
- 2 tsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp dried oregano

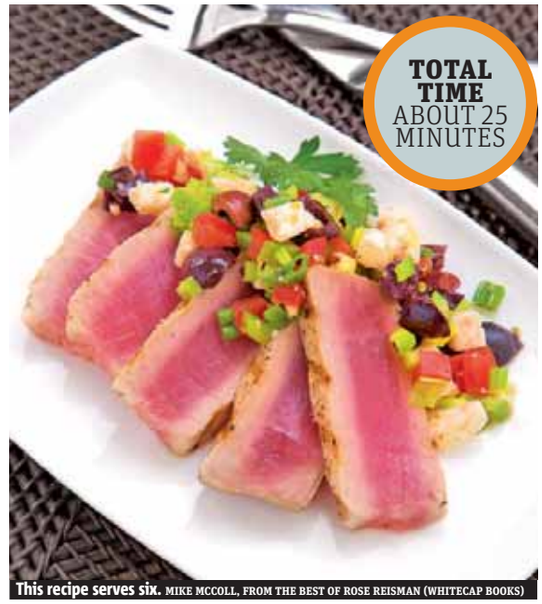
Tuna
- 6 tuna fillets (about 6 oz each)

Garnish
- 1/4 cup chopped fresh basil

Directions

1. To make the salsa: In a bowl, combine the tomatoes, peppers, onions, olives, lemon juice, feta, olive oil, garlic and oregano together.

2. Either on a barbecue or in a nonstick grill pan sprayed with cooking spray, sear tuna on both sides just until cooked to your preference. Place on a serving dish. Sprinkle with the basil and serve the salsa overtop. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Mentoring him could be the start of something big
- like a rise in literacy

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Big Brothers Big Sisters.ca

UNDERSTANDING MENTAL ILLNESS

ONE IN FIVE CANADIANS ARE AFFECTED

Depression. Attention deficit disorder (ADD). Anxiety. Addiction. Schizophrenia. These are examples of the wide variety of mental health issues one out of every five Canadians suffer from, and for many these medical conditions can be debilitating.

Some people suffer short-term episodes of depression or anxiety that is debilitating to the point they can't work or function normally. Others have issues around anxiety and fear that prevents them from doing certain activities. For others, mental illness is a lifelong burden that has environmental, psychological or biologic roots.

"Mental illness can affect people at all ages any stage of life," says Dr. Michael Teehan, president of the Canadian Psychiatric Association. "About 70 per cent of mental health problems start during adolescence and early adulthood, and extend into the adult years."

Mental illness is the second leading cause of disability and premature death (often by suicide) and costs Canadians roughly $50 billion per year. The most common problems are depression and anxiety with eight per cent and 12 per cent of people suffering an episode in their lifetime, respectively. Anxiety includes conditions such as phobias, panic attacks, social dysfunction and more.

Men and women both suffer mental illnesses, but there can be differences. According to the Canadian Mental Health Association, addiction rates are higher in men, but women have higher rates of mood and anxiety disorders. More than 75 per cent of suicides involve men, but women attempt suicide three to four times more often. Nearly 4,000 Canadians commit suicide each year, 90 per cent of whom suffered a diagnosable mental illness.

Teehan says there are psychological approaches that help people understand and cope with their condition, medication, and social interventions, such as helping people get out of abusive or difficult situations.

Early diagnosis to either confirm or rule out mental health illness can prevent problems from getting worse. Need help? Ask your local doctor or nurse practitioner for guidance.

– Pippa Wysong

BY THE NUMBERS

- One in 20 people have a diagnosable mood disorder (depression or bipolar disorder);
- One in 20 have an anxiety disorder;
- One in 30 have a problem with addiction, either alcohol or illicit substances;
- One in 50 are at risk for addictive gambling problems;
- Three per cent of women and 0.3 per cent of men develop an eating disorder at some point.

Source: Public Health Agency of Canada

SHUTTERSTOCK

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A good start to combat PTSD is asking for help

Effects can linger for months, even years

Seeing someone die violently. Sexual assault. Childhood abuse. A car accident. These are all examples of traumatic events that can lead to post-traumatic stress disorder (PTSD).

While some people recover from the horror of these events, for others the effects can linger for months, or even years. Symptoms can include reliving the events through flashbacks or nightmares, or when seeing situations that remind you of the event.

"PTSD happens because a traumatic event causes changes to the brain that cause fear and anxiety to persist long after the event," says Julie Martin, program co-ordinator of the program for traumatic stress recovery at Homewood Health Centre in Guelph, Ont, which has one of the largest PTSD treatment programs in Canada. "With PTSD you overrespond to fearful situations."

PTSD sufferers experience intense anxiety, can't concentrate, have outbursts of anger or bouts of crying. Some feel an emotional distance to the world around them — it's like part of the emotional part of the brain shuts down. Depression commonly accompanies PTSD and, without help, some people are at risk for suicide.

About nine per cent of Canadians suffer from PTSD at some point. Treatment for PTSD involves talk therapy (counselling), medications, or both. Asking your doctor for help is a good place to start.

"The key to recovery from the symptoms of PTSD is to create safety, grieve losses and strengthen sense of self," Martin says.

– Pippa Wysong

SHUTTERSTOCK

Started from the bottom, now she's here: From dumpster dives to a biz that thrives

All you Nasty Gals.
Sophia Amoruso shares her unconventional experience as an entrepreneur in #GIRLBOSS

ANDREA PARK
Metro World News

Amoruso paid tribute to her dumpster-diving days during a recent Nasty Gal photo shoot. INSTAGRAM / NASTYGAL

Just 10 years ago, Nasty Gal CEO Sophia Amoruso was dumpster diving, shoplifting, hitchhiking and drifting from job to job. It's safe to say that no one could have guessed Amoruso would become the CEO of a $100-million retail business with more than 350 employees working for her, but in 2006, Amoruso started an eBay store that quickly blossomed into a retail empire.

In addition to Subway sandwich artist, ID checker and CEO, Amoruso can now add author to her resumé: Her memoir and professional advice book, #GIRLBOSS, will be available for purchase tomorrow.

Your book couldn't be more different from Lean In. In fact, you barely talk about male dominance in the workforce. Why is that?
If it's a man's world, who cares? It's kind of like, "Yes, lean in, but you don't need to talk about it." The energy you use talking about it, you could use to actually lean in. I come from a position of being a little bit privileged in that I started my business and worked my way to the top — but not in an organization run by men.

I'm not going to deny that's something that exists for many women, and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you. Just rising to the occasion and thinking, "I'm going to be who I am and be the smart girl I am and talk like I know what I'm talking about, because I do," and gaining respect — that's leaning in.

You don't give steps or a plan to readers on how to be successful. Why is that?
I can just share my experience and I want people to learn from that. You can learn from other people's success and failure. A lot of people are going to tell you how things are in the world and most of them are going to be wrong for you and right for someone else. It's more important that you play to your strengths and put yourself in places that challenge you. If you fail, then you make the choice on whether or not you'll try again.

What do you want to accomplish with your book?
The things I want to manifest are not things I'm acutely thinking about. If my book plants something inside people that's dormant, I hope there's something, some day that benefits them. I don't care if I'm recognized for it or if they even recognize that they learned something because they read my book.

Why did you want to write #GIRLBOSS?
There had been a fair amount of press telling my story from the day I started Nasty Gal on eBay, but there was a lot missing and I was not comfortable telling the whole story in anyone else's words. There's a lot I learned in the years before Nasty Gal and the years after that I wanted to share and put into my own words.

Do you have any tips for young women who feel directionless and don't know what they want to do yet?
You just have to keep trying things. I knew I wanted to be good at something. I thought I was going to be a photographer. Had I tried to control that too much and said, "Screw this eBay thing," I don't know if I would have fulfilled any level of a dream. I don't know if I would have been a successful photographer or done what I did with Nasty Gal. I was open to seeing where life took me.

What was the best advice you ever got?
I had a friend in high school and this always stuck with me. My friend said, "I change what I can at arm's reach." That's what a book is. That's what putting clothes on girls that feel really good about themselves after they put it on is. When you live your life and treat people with respect and work hard and play by the rules — which I only learned from trial and error — it can create really great things.

Nuts to male dominance

"I'm not going to deny that's something that exists for many women and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you."
Sophia Amoruso, CEO of Nasty Gal on male dominance in the workforce

Do you think it was to your advantage that you never had too much direction from professional mentors?
Some advice I take and half of it I throw away. This caused me a lot of problems as a kid, but I've never taken what people with more experience than me say at face value, which could be seen as disrespectful, but I see it as a healthy discourse. It's important to weigh your gut feelings with practical advice you're being given and decide. There's a lot to learn from what other people have done, but there's also a lot to doing things your own way.

Do you regret living the wild life when you were hitchhiking and shoplifting?
That phase was pretty short. I think I learned a lot from it. You learn a lot about people and what not to do by doing stupid stuff like that, and unfortunately I think I was naïve enough to have to learn about the world by putting myself in situations like that. I actually had to get to who I am now by removing every other option.

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I'm worried that I've made a major mistake

Conflicted on campus. You've successfully made it through your first year, but is it possible that you didn't pick the right stream of study?

ELENI DEACON
Metro News

Choosing the right major is not a minor decision. As the school year comes to an end, some students may be questioning whether their selected field of study is the best course for them. And while this dilemma can be tricky, there are many options available to those facing this predicament.

For new scholars, it can be helpful to think of first year as a time for discovery. Dr. Jane Rutherford, an Associate Professor in Biology at Wilfrid Laurier University who also serves as her program's undergraduate academic advisor, urges students to keep their minds open during their early semesters.

"I tell them first year is about exploring your options and finding out what you enjoy and what maybe you don't enjoy so much," she says. "And I always tell them, 'Don't feel you're locked in to a particular program.'"

This was the case for Rebecca Vandevelde, an alumnus of York University's Glendon College who switched out of International Studies into Drama Studies after her second year when she realized her program's subject matter did not grab her.

If you aren't sure of the direction you're going, don't distress, discuss! ISTOCK

"It was not what I thought it was going to be," Vandevelde says. "It was very heavy on political theory, which was interesting for a couple of classes but not what I wanted to focus my degree on. And that gave me the impetus to move."

While Vandevelde says the decision was straightforward, that is not always the case. Joyce Hunter, academic counselling services manager at Queen's University, emphasizes that students who are unsure about their direction should re-evaluate their own motivations, not those of friends or parents.

"They need to do some self-assessment," Hunter says, "Introspective thinking about what their goals are or what kind of career they want, what kind of work they want to do, what kind of lifestyle they want to have. And that involves not just thinking, but (talking) to professionals."

These professionals include counsellors available at every university.

For students doubting their major, Hunter recommends a combination of academic advising, personal counselling, and career counselling. She says she frequently encounters students who are questioning why they are at university — and this may mean changing not just their major, but their school.

"University is not for everyone, and we will not hesitate to say, 'Look at other options. Maybe you should be looking at a college program that is going to be a better fit for you,'" Hunter explains.

Rutherford also stresses that it is never too late to switch — partly because the expected timeframe for an undergraduate degree is becoming more flexible. "A lot of students are here on the five-year plan rather than the four-year plan," she says, adding, "and some of them are here for even longer than that."

'Round the world wisdom

Cement new habits by making them extra sticky

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Remind yourself along the way that your goal is worth reaching. ISTOCK

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

They say that preparation is half the battle. In my experience, it is even more. Completing three multi-day desert ultra-marathons was certainly a challenge, but it wasn't anywhere near as demanding as completing the training. Although I was committed to my goal, I needed a strategy to anchor new daily training habits and to keep myself focused when I was aching, confronted with other priorities, out of time, facing bad weather, or simply didn't feel like it.

Early on, I developed tactics like leaving my running shoes next to my bed exactly where my feet would touch the floor when I woke up, or even going to bed wearing my running gear at times. Day to day, I created small reminders to think proactively about the training, such as writing "Gobi" on the bathroom mirror, along with adding recurring "Gobi" reminders to my calendar. I also found an experienced runner who agreed to be my accountability coach to whom I reported myself weekly with progress. Essentially, I had set up a defence perimeter to catch myself before reverting to old habits, while trying to rapidly create new ones.

Although it can take as little as 21 days to create a new habit, the old ones we have are so deeply ingrained that changing them isn't so simple.

As they are borne out of automatisms, the difficulty is often staying the course in the early days long enough to get to that point where the new habit sticks. In order to make it "sticky," it is best to create strategies to help stay the course until we naturally derive more benefits from the new habit than challenges associated with changing the old one. Only then can our intentions become cemented into new habits.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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An awe-inspiring summer

CONTRIBUTED PHOTOS

School is almost out for summer. Time to find some challenging, fun, giggle-inducing, awe-inspiring activities to help your kids have the summer of their lives.

WHAT: Summer Reading Club. Take off into the stratosphere of your imagination this summer with the British Columbia Library Association's Summer Reading Club. Kids aged six to 12 are invited to come down to their local libraries and delve into another world.
WHEN: Registration starts June 14
WHERE: Public libraries across B.C.
ADMISSION: Free

WHAT: Vancouver International Children's Festival. Arts from every colour of the rainbow for young audiences to enjoy. Take in theatre and musical performances including Fred Penner, an Alice in Wonderland Circus and large-scale dinosaur puppetry.
WHEN: May 27 to June 1
WHERE: Granville Island
ADMISSION: $12 to $25 for a feature show, includes all-day admission to the festival

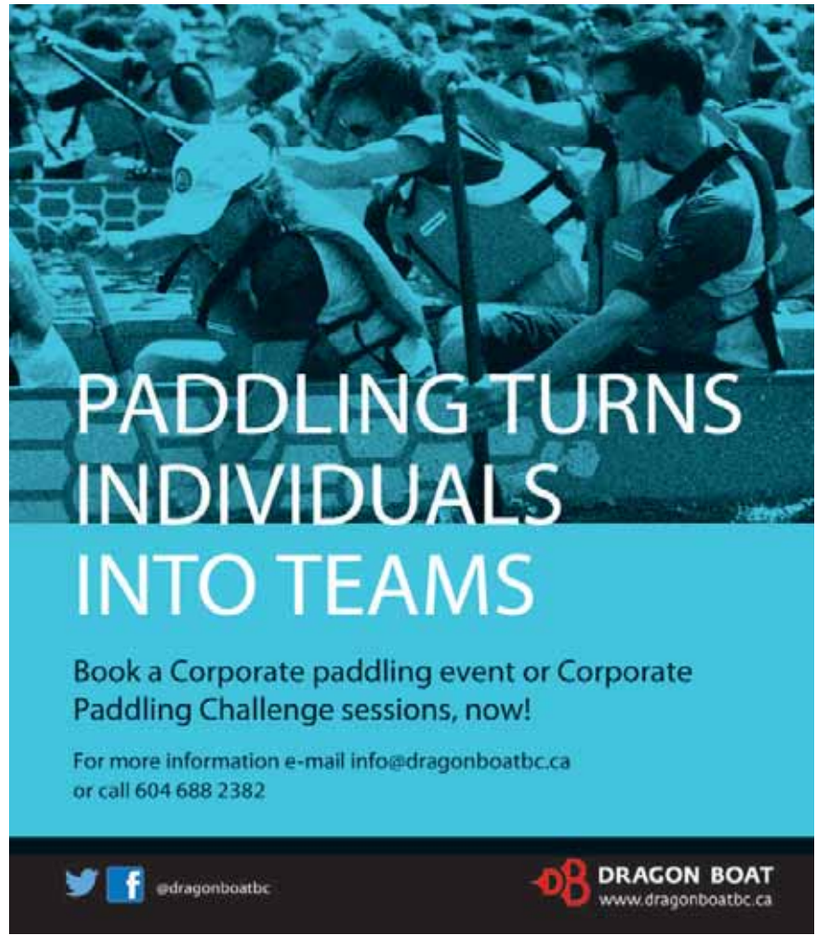
WHAT: Science World Slumber Party. Have you ever wondered what happens inside Vancouver's favourite science centre after the doors close for the night? Find out.
WHEN: June 18
WHERE: Science World
ADMISSION: $55 to $60

WHAT: TRi KiDS Triathlon Series. An accessible, confidence-building swimming, biking and running race for kids three to 15 years old, with different distances for each age group.
WHEN: June 1, 9:00 a.m.
WHERE: C.G. Brown Memorial Pool, 3702 Kensington Ave., Burnaby
ADMISSION: $58 per child
WHAT: Coquitlam's Grand Parade and Teddy Bear's Picnic. Outdoor storytelling, musical, art and circus performances just for kids. Don't forget to bring your teddy.
WHEN: June 8. Parade runs from 9:45-11 a.m. Picnic runs from 11 a.m. to 4 p.m.

SHUTTERSTOCK

WHERE: Town Centre Park, Town Centre, 1301 Pinetree Way, Coquitlam
ADMISSION: Parade admission is free. Picnic is $3 per child. Children three and younger get in free.
WHAT: Little Farmers Kids' Camps. There is adventure in your own backyard if you know where to find it. Learn about where food comes from, how to identify plants and good insects.
WHEN: June 30 to Aug. 8, 9:30 a.m. to 1:30 p.m. daily
WHERE: KJM Country Gardens, 7226 Blenheim St.
ADMISSION: $280 per week

– Stephanie Orford



Thank you!

PARTICIPANTS, VOLUNTEERS, SPECTATORS, CHARITIES AND SUPPORTERS!

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MAY 3, 2015

VANCOUVER INTERNATIONAL MARATHON SOCIETY

Miller's departure 'the nature of the business'

MLS. Whitecaps, striker mutually agree to terminate contract

NICK WELLS
vancouver@metronews.ca

Striker Kenny Miller, 34, made 45 appearances for the Whitecaps after joining the team in June 2012. GETTY IMAGES FILE

The so-called Scottish experiment is coming to a close for the Vancouver Whitecaps after they announced the team and Kenny Miller had mutually agreed on terminating his contract on Sunday morning.

Miller had been brought in by previous coach Martin Rennie, who also brought in Barry Robson at the same time, looking to add some Scottish steel to the team.

With his designated player contract, worth $940,000 for 2014, set to expire at the end of June, there had been rumours of the 34-year-old Miller returning home to Scotland with his young family.

"There's nothing in place as of yet," he said in a conference call on Sunday afternoon, adding he was looking forward to taking a holiday with his family.

He denied having been offered a new deal by the club in recent weeks, saying the move works well for both him and the Caps.

"This is the nature of the business; clubs have to look after their interests and players have to look after theirs. I've thoroughly enjoyed my time," he said.

Miller bagged three goals and one assist in nine games this season, coming on as a substitute in Saturday's 3-2 win over the San Jose Earthquakes.

Head coach Carl Robinson was quick to pay tribute to his departing veteran, hailing his leadership and advice.

"I think Kenny will go on to be a fantastic coach or a fantastic manager one day, but one of the big reasons for Kenny is he wants to play every minute of every game," Robinson said.

Robinson said both him and Miller discussed his future with the team over the past 10 days, with Miller deciding he needed to make a move for both his family's sake and to ensure consistent game time.

On the lookout for another striker

With Darren Mattocks having injured his hamstring in Saturday's win, coach Carl Robinson is hoping to use a newly vacant international player spot on a striker in the 25 to 30 age range to help hold up play and consistently hit the net.

- "Have we got a goal scorer? There's a difference between able to score goals and a natural goal scorer," Robinson said.

4 SPORTS

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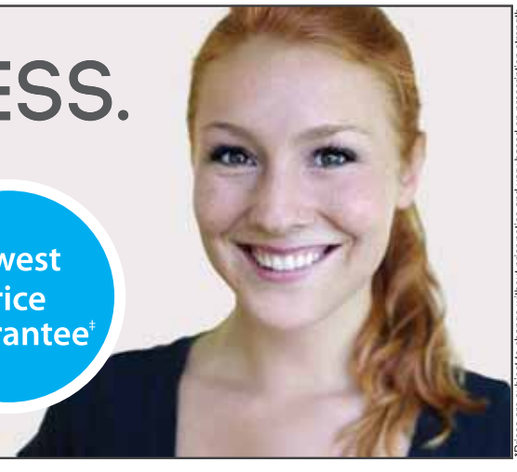

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NHL playoffs. Wild in a pickle thanks to Bickell

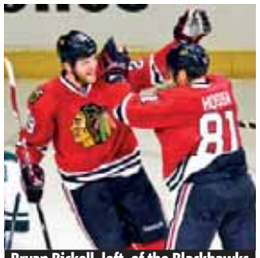
Bryan Bickell had an open look on a break in the third period, and shot the puck off the crossbar. He then tried the other side of the ice, and that worked out quite well for him and the Chicago Blackhawks.

Bickell had a goal and two assists, and the Blackhawks beat the Minnesota Wild 4-1 on Sunday to take a 2-0 lead in the Western Conference semifinals.

Brandon Saad scored his first two goals of the post-season, and Chicago earned its sixth consecutive win despite stretches of lacklustre play in the second and third periods. Corey Crawford made 18 saves in another solid performance.

"There were bits of that third where it wasn't looking good, but we just stuck with it," Bickell said. "Leave it to our D and Crawford to keep the puck out of the net. We need to be smarter defensively in positioning, but we stuck with it and got over the hump."

Cody McCormick scored his second career playoff goal, but Minnesota missed another chance to steal home-ice advantage from the defending Stanley Cup champions.



Bryan Bickell, left, of the Blackhawks celebrates scoring a goal against the Wild with Marian Hossa on Sunday. THE ASSOCIATED PRESS

"We weren't that far off," Wild coach Mike Yeo said. "Even though, again, I know we can play better. We weren't that far off. That game was hanging for us."

The series opener was tied at 2 in the third period before Patrick Kane scored two of Chicago's final three goals in a 5-2 victory on Friday night. Game 3 is Tuesday night in Minnesota.

THE ASSOCIATED PRESS

Penguins 3, Rangers 0

Kris Letang broke a scoreless tie in the second period and Marc-Andre Fleury made 22 saves for his seventh playoff shutout to lift the Pittsburgh Penguins to a 3-0 victory over the New York Rangers on Sunday night, tying the second-round series one game apiece.

- Letang's 15th career post-season goal matched Larry Murphy's record for Penguins defencemen. Jussi Jokinen scored during a third-period power play, and Evgeni Malkin added an empty-net goal for the Penguins, who managed a home split in the first two games with the suddenly weary Rangers. Game 3 is Monday night in New York.

Nets suppress Northern Uprising with Game 7

Dinos done. Raptors denied second trip to second round of playoffs after losing contest by one point

DeMar DeRozan leaned over Kyle Lowry after the final buzzer sounded to end the Toronto Raptors' season — Lowry was laying distraught on the floor, his face in his hands. DeRozan was above him, speaking with urgency.

It was a moment that spoke volumes about this young Raptors squad: Their unexpected record-breaking season and their thrilling run through the playoffs, and the bonds they built along the way.

"That's my man," Lowry said of DeRozan. "He said, 'If anybody is taking that shot, I'm living and dying with you taking that shot, or trying to attempt to get that shot off.' It was a great brotherly moment."

Lowry, who led the Raptors with 28 points Sunday, had just been blocked on a shot at the buzzer, giving the Brooklyn Nets a 104-103 Game 7 victory and ending the Raptors' first playoff run in six seasons.

"The play was to get me the ball, but they did a good job of trapping me, and I didn't get that shot off that I wanted to get off," said Lowry.

Amir Johnson had a playoff-high 20 points plus 10 rebounds before fouling out of the game with 7:53 to play. DeRozan added 18 points for the Raptors, who were hoping to see the second round of the playoffs for just the second time in the franchise's 19-year history. Patrick Patterson finished with 16 points, while Terrence Ross had 11.

Joe Johnson scored 26 points to lead the Nets, who will face the two-time defending champion Heat beginning Tuesday in Miami. Marcus Thornton finished with 17.

"It feels so much better when you do it on the road because you know you earned it," said Paul Pierce, who was acquired along with Kevin Garnett in the off-season in the Nets' plan to win an NBA title. "Everybody is against you."

Lowry lingered long at his locker after the game. He arrived at the press conference still dressed in her jersey, his two-year-old son Karter at his side.

Asked what was going through his mind he said: "What's not? It's a lot of things that could have been done differently, but this season has been a great season. I've had the best core group of teammates that I've ever had in my life, in my career ... it's just a lot.

"Mad, frustrated. But understanding that this is only a stepping stone for my growth."

THE CANADIAN PRESS

Uncertain future

Not only is the Raptors' season over, so are the contracts of coach Dwane Casey and point guard Kyle Lowry.

- Lowry becomes a free agent on July 1, but when asked about his future, he said his mind was still on the series and its end.

The Nets' Paul Pierce blocks Raptors point guard Kyle Lowry's last-second shot during Game 7 of their first-round playoff series on Sunday in Toronto. The Nets won 104-103. Scan the image with the Metro News app to see the game told in photos. RICK MADONIK/TORSTAR NEWS SERVICE

Final thoughts

"I'm proud of our guys. Nobody gave them a snowball's chance in you-know-where to be here." Raptors coach Dwane Casey

"You were against not only 15,000 in the building — you were against the 15,000 outside."

The Nets' Paul Pierce on the Raptors and their fans at the Air Canada Centre.

"I can sleep at night knowing he took that shot."

Raptor DeMar DeRozan said teammate Kyle Lowry was the right man to take the final shot.

Texas tussle

Parker puts brakes on Mavs' season

Tony Parker scored 32 points and the San Antonio Spurs led by as many as 31 on their way to 119-96 victory over the Dallas Mavericks, closing out a tense first-round series Sunday in seven games.

Manu Ginobili scored 20 points, Danny Green added 16 points and Tim Duncan and Kawhi Leonard had 15 points apiece for San Antonio. The Spurs advance to face the fifth-seeded Portland Trail Blazers, who upset the Houston Rockets in a six-game series.

Dirk Nowitzki had 22 points and nine rebounds to lead Dallas.

Last season ended for the Spurs with a Game 7 loss in the NBA Finals against the Miami Heat.

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Horoscopes

♈ Aries
March 21 - April 20
Listen to what a friend tells you and be quick to act on their advice. Even if what they say is not what you were hoping to hear there is a lot of wisdom in their words, not least because they can see what you cannot.

♉ Taurus
April 21 - May 21
Someone in a position of authority will look favourably on you over the next few days and if you are smart, you will get something more out of it than just praise. Ask for a raise or a promotion — or both.

♊ Gemini
May 22 - June 21
Creatively and romantically, the next few days should be good for you. But for best results, you need to be focused. Identify your number one priority and really go for it.

♋ Cancer
June 22 - July 23
You will make efforts above and beyond the call of duty over the next seven days. Not only will you get an extraordinary amount of work done in a remarkably short space of time but it will be quality work too.

♌ Leo
July 24 - Aug. 23
You will be much in demand socially today but you must choose carefully among the many invitations because you won't have the time or the energy to say yes to them all.

♍ Virgo
Aug. 24 - Sept. 23
A family matter you thought was resolved will rear its head today and this time you must make sure it's settled. If you don't lay down the law the issue will continue to nag at you.

♎ Libra
Sept. 24 - Oct. 23
What you have to do over the next few days may not be what you would choose to do but if you approach it in the right frame of mind, it can still be fun. It will also get important people back on your side.

♏ Scorpio
Oct. 24 - Nov. 22
If you do things by the book today, you will get the rewards you deserve. If, however, you try to gain an advantage by cutting corners most likely you will find that your underhand methods rebound on you.

♐ Sagittarius
Nov. 23 - Dec. 21
It's not like you to put practical matters above having fun but you may have no choice over the next 24 hours. Social activities will have to take second place to getting on top of your work and money.

♑ Capricorn
Dec. 22 - Jan. 20
It won't be long before you get the chance to do something out of the ordinary but for the time, be patient. If you make your move too soon, the results may not be as good.

♒ Aquarius
Jan. 21 - Feb. 19
What happens over the next 24 hours will remind you that it is not where you look but how you look that determines the way the world seems to be. Be positive in everything you do.

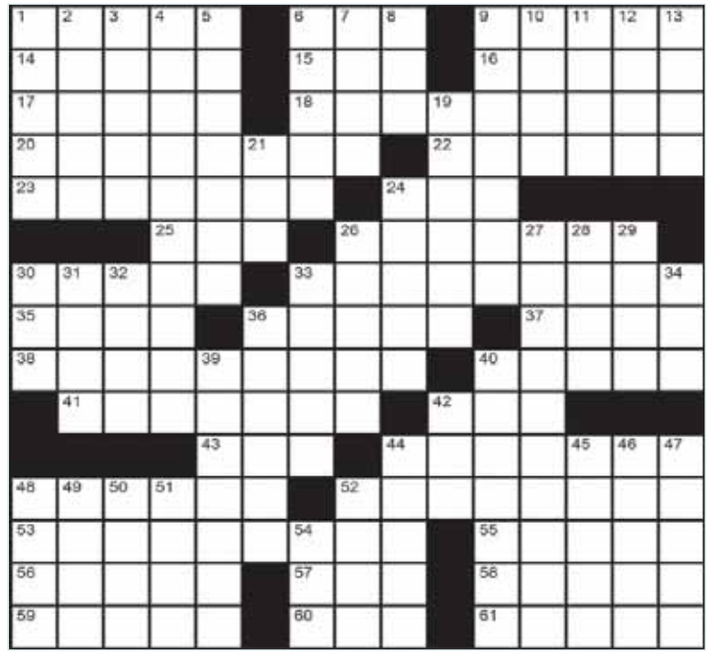
♓ Pisces
Feb. 20 - March 20
If you recently made a promise, to somebody else in a position of power, you must keep it. If you try to back out of the deal it will do your reputation harm.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



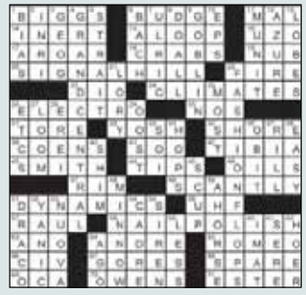
Across

1. Clever
6. Bootcamp officer, briefly
9. Bob of "Full House"
14. Windy City airport
15. Who: French
16. _*__ (Classic arcade game cube-hopper)
17. Choir outfits
18. Alan-and-family's Slice show, "__ Thicke"
20. England born/Canada raised actor Scott
22. Festive decoration
23. Most brief
24. Distant
25. Label
26. Some times
30. Happen
33. They're at the centre of Atlantic Canada's activist-opposed annual hunt: 2 wds.
35. "..._____ I wrong about THAT too??"
36. Robert Service works
37. Verifiable
38. Paul Anka song covered by Donny Osmond: 2 wds.
40. Skincare brand
41. Master bedroom extra
42. __ and Gus, "Cinderella" (1950) mice
43. These: French
44. Elegant court dances
48. 1987 Warren Beatty/Dustin Hoffman movie
52. Did in an unprepared manner: 2 wds.
53. "The Boys in the Bright White ____" by Trooper
55. Prefix to 'foam'
56. Olympic legend Ms. Comaneci
57. Smash song
58. Complete
59. Ian or Sylvia
60. Shakespearean suffix
61. Arctic explorer, Robert E. __ (b.1856 - d.1920)

Down

1. Least best
2. Elton John's "Your Song" bit: "_ __ you don't mind..."
3. Southern Alberta town
4. Big Joe Mufferaw's work remnants: 2 wds.
5. "Alright, honey.": 2 wds.
6. Gym move
7. Style expert Tim
8. Ancient war god
9. Early band for Neil Young, The __
10. Impose ___ (Outlaw something)
11. Dr. Scholl's products
12. Writer Mr. Stanley Gardner
13. Texter's "Bye for now."
19. Calgary footballers, to fans
21. Food additive
24. Evita song: "Don't Cry __ __ Argentina"
26. Irish writer Ms. Binchy
27. Web courtesy
28. Root vegetable
29. Smirch
30. Alley __ (Comic strip classic)
31. Motley __
32. __'_ Crunch (Cereal)
33. Jeers
34. View
36. Toolbox grippers
39. __ Peninsula
40. Smashes: 2 wds.
42. "Lost" character played by Daniel Dae Kim
44. Gleefulness
45. "Dancing with the Stars" alum Ms. Sliwinska
46. Making-one-sleepy thingy
47. Tale
48. "Say it __ so!"
49. __ or neuter
50. Brick carriers
51. Rush, for example
52. Lineup lag
54. "Evita" (1996) role

Friday's Crossword



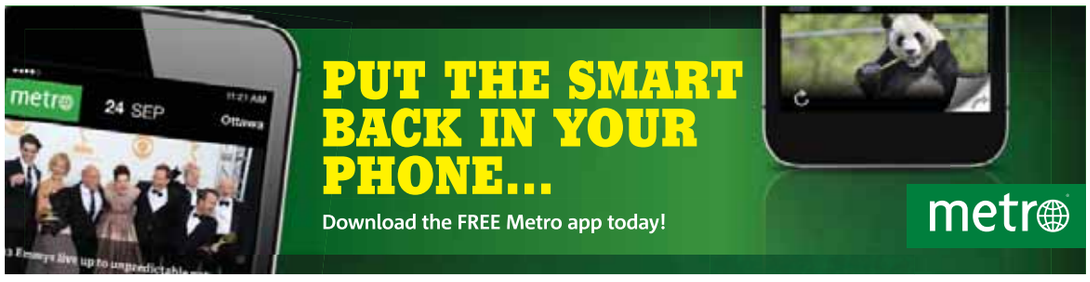
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8	2					3	
4					2		7	
5			9		8	1		
	1			3		5		2
2		7		1			6	
		4	5		1			3
	7		2					8
	6					2	4	

Friday's Sudoku

5	1	3	9	4	6	7	6	2
7	4	8	5	6	2	3	9	1
9	6	2	3	7	1	4	8	5
4	2	7	8	5	9	6	1	3
8	5	6	7	1	3	9	2	4
3	9	1	6	2	4	8	5	7
1	8	4	2	9	7	5	3	6
2	3	5	4	8	6	1	7	9
6	7	9	1	3	5	2	4	8



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Delta
Scottsdale Centre
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4841 Delta St.
4912 62nd St.

Langley
Willowbrook Mall
8700 200th St.
19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Junction Shopping Centre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
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